

Corn and Bean Medley

Makes: 4 servings

Chili powder and pepper flakes give a spicy twist to this classic bean and corn side dish.

Ingredients

- 3 tablespoons** corn (liquid drained from canned)
- 1/4 cup** onion (chopped)
- 1 cup** corn (canned, whole-kernel, drained)
- 3/4 cup** kidney beans (dry, cooked)
- 3/4 teaspoon** chili powder
- 1/4 teaspoon** pepper flakes (hot red, optional)

Directions

- Heat 3 tablespoons of liquid from canned corn in saucepan.
- Cook onion in liquid until soft, about 2 minutes.
- Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture.
- Cook over low heat for about 10 minutes.

Source: USDA, FNS, Food Distribution Program on Indian Reservations, Healthy Eating In Indian Country: Diabetes

Nutrition Information	
Nutrients	Amount
Calories	100
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	17 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	